



# Goddard Health and Wellness

## Be Healthy Every Day!

### GSFC GB HEALTH SERVICES

Available for All Civil Servant Employees

#### ★ *One and Done*

Sick Call - one time evaluation and treatment of non-work related medical problems that have developed over the past 24-72 hours. Examples include colds, flu, sore throat, possible urinary tract infections, and poison ivy. All follow-up care must be provided by primary care provider, not the health unit.

We will also provide prescriptions for a one day supply of medications for employees who leave their medications at home. Prescriptions may be filled at a nearby pharmacy.

**Walk-In Basis - 8:00am - 10:00am and from 1:00pm - 2:00pm**

#### ★ *Acute Illnesses and Work Related Injuries*

Acute illnesses - employees may be evaluated at the health unit if they develop a non-work related medical illness during their shift. Examples include- sudden onset of nausea, vomiting and diarrhea or sudden worsening of an underlying medical condition such as diabetes, high blood pressure and asthma. Employees will be treated, referred to their primary care provider, or the emergency room on a case by case basis.

Work Related Injuries- injuries or medical conditions that are thought to be a direct result of job.

**Walk-In Basis - 8:00am - 4:30pm**

#### ★ *Voluntary Health Maintenance Exams*

##### Wellness Services and Labs

every 5 yrs until age 39  
every 2 years from age 40-49  
every year for ages 50 and older.

Exams will include lab work, an EKG every 5 years or if patients have symptoms, and a physical exam if desired by the employee.

**By Appointment Only**

**Call the Health Unit: 301-286-6666**

#### ★ *Occupational Medical Examinations and Medical Surveillance*

##### Exams determined by job description/hazards

Hazardous Exposures  
Hazardous Environments/Workplace Examinations  
Certification Examinations

**By Appointment Only**

**Call the Health Unit: 301-286-6666**

### AVAILABLE FOR ALL GSFC EMPLOYEES - CIVIL SERVANTS AND CONTRACTORS

#### ★ *Free Flu Shots*

#### ★ *Periodic Fee-For-Service Health Screening Offered to Include but not Limited to:*

Mammograms  
Bone Density  
Shingles Vaccine  
Pneumonia Vaccines  
Carotid Doppler Examinations

#### ★ *Contact Information*

**GSFC Health Unit**

**Call the Health Unit: 301-286-6666**

#### ★ *Employee Assistance Program Services offered for Civil Servant Employees and their families*

EAP Service Consist of Worksite-based, confidential assessment, referral and short-term consultative service for any personal problem that has a negative impact on work performance.

#### ★ *EAP helps with...*

- Troubled relationships
- Stress
- Emotional concerns
- Alcohol and drug abuse, and the impact on family
- Parenting concerns and "sandwich generation" issues
- Legal and financial concerns
- Credit/Debt Management
- Divorce
- Educational Funding
- Elder Law
- Estate Planning
- Financial News
- Financing Life Events
- Insurance
- Legal
- Living Wills
- Mortgages and Loans
- Retirement Planning

#### ★ *Workplace / Management Services*

- Supervisor Orientation
- EAP Orientation
- Health and Wellness Presentations
- On-line EAP Orientations
- On-line Presentations (Stress and Change Management)
- Management and Risk Consultations
- Critical Incident Stress Management and Grief Debriefing
- Legal and Financial Services

#### ★ *What You Can Expect*

- Highly qualified licensed and/or certified professionals
- Clinical assessment
- **Clarify the problem**
- **Identify options**
- **Develop a plan**
- Referral to appropriate resource if needed

#### ★ *Confidentiality*

- Available 24/7 by toll-free number
- Face-to-face counseling
- Web site information and resources



## Contact Information

**Onsite EAP Counselor 301-286-4600 • 1-800-222-0364 • 1-888-262-7848 (TTY)**